



# Burrow National School

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## HEALTHY EATING POLICY

A healthy eating policy is in place in the Burrow School.

Pupils are encouraged to eat healthy foods, but on Friday **one** treat is allowed with their healthy lunch.

### *Foods we encourage*

Fruit  
Vegetables  
Flapjacks  
Popcorn  
Crackers  
Cheese  
Wraps  
Sandwiches  
Salad  
Plain Rice Cakes  
Bran/Oat Muffins  
Scones

### *Foods we discourage*

Anything chocolate based/coated etc.  
Any foods containing chocolate, eg  
Chocolate croissants or pain au chocolate.  
Sweets  
Crisps  
Buns  
Jelly pots  
Some Cereal Bars

### ***N.B.***

***Fizzy drinks are not allowed at any time.***

***No soup or hot drinks allowed for safety reasons.***

***No lollipops as a treat on Friday for safety reasons.***

For further information consult the following links:

[http://www.fooddudes.ie/html/schools\\_healthy.html](http://www.fooddudes.ie/html/schools_healthy.html)  
<http://www.fooddudes.ie/html/schools/dublin.html>